

# Hawaii MARINE SPORTS

Hawaii Marine C Section

December 5, 2003



Courtesy of Special Olympics Hawaii

More than 800 athletes from 65 delegations will be participating in the Special Olympics Hawaii Holiday Classic. Opening ceremonies will be held at Hickam Air Force Base tonight with events running all weekend at Hickam and at Marine Corps Base Hawaii, Kaneohe Bay.

## Special Olympics arrives at K-Bay

**Kristin Herrick**  
Sports Editor

Special Olympics athletes have been busy preparing for the 2003 Holiday Classic State Tournament. After competing at the local level in schools or clubs, participants will come together this weekend to face athletes from all over Oahu as well as neighbor islands.

"This is a very important event for the athletes," said Special Olympics Hawaii volun-

teer coordinator Diana Hart. "From here, it is possible for them to advance to the international games."

More than 800 athletes from 65 delegations will be participating in the statewide event, which began Thursday and runs through Sunday. Opening ceremonies will be held tonight at Hickam Air Force Base Hangar 7 at 7:15. The opening ceremonies consist of the parade of athletes, color guard ceremony and the torch lighting. Events taking place throughout the weekend include bowling, basketball, bocce and speed skat-

ing.

"We encourage military families to attend the opening ceremonies and the competitions," said Special Olympics Hawaii public relations director Noreen Conlin. "It really is a great experience for everyone."

Gold, silver and bronze medals will be presented in true Olympic style to the top finishers in each sport. One highlight of the weekend is the Victory Dance to be held at the Enlisted Club Ballroom aboard MCB Hawaii, Kaneohe Bay. Athletes will get out their dancing shoes and party to music.

## A change in lifestyle gives Marine new focus

**Steven Kalnasy**  
Special to Hawaii Marine

Last year, Zack Hunziker of the Marine Corps Air Facility's Air Traffic Control section decided to make some changes in his life. Working rotating shifts, he didn't have time to train for his favorite sport of wrestling, so he decided to give running a go.

Figuring that running wasn't "a real sport," he thought it wouldn't take up too much of his time. "Boy, was I wrong," he said. Starting slowly, Hunziker began running short distances — a mile, five kilometers, 10 and so on.

"Before I knew it, I was running over 20 miles, and enjoying it," he said. "Before I took up running, I hadn't run six miles in my whole life. Now I do that in one training session."

In fact, Hunziker now runs up to 40 miles each week.

"I love the endorphin rush I get when I run long distances, and I love the way I look and feel. I'll be doing this for the rest of my life."

Hunziker said he's ready for the Honolulu Marathon.

"My body is like a machine now. I'm not sure how I will finish, but I know I will cross the finish line."

When Hunziker started, his goal was to run the Great Aloha Run in under 50 minutes. Today that goal has changed to one of maintaining his new

See **RUNNER**, C-8



Cpl. Jessica Mills

Sergeant Jamie Cortez, a quality assurance technician with Marine Aviation Logistics Squadron 24 passes the exercise ball to Petty Officer 2nd Class Erika Childs, a corpsman with Combat Service Support Group 3, during a Gut Cut session Wednesday.

## Gut Cut comes to rescue during the holiday season

**Cpl. Jessica M. Mills**  
News Editor

During the holiday season, many of us will notice our pants fitting a little tighter and a few extra pounds registering on the scale, no thanks to that extra turkey we had or the second piece of pumpkin pie we snuck. Although nobody can make those extra pounds

magically disappear, the Semper Fit Center does offer Gut Cut, a half an hour worth of strict abdominal and lower back exercises guaranteed to make you sweat.

"Gut Cut is great for both men and women to get that six-pack they all desire," said Regina Reiche, an aerobic

See **GUT CUT**, C-8

## Bench press weighs in at K-Bay

**Edward Hanlon V**  
MCCS Public Relations

It is going to be a Herculean happening at the Semper Fit Center aboard Kaneohe Bay, Dec. 13 at 9 a.m., when Headquarters Bn., MCB Hawaii, hosts the Holiday Bench Press Classic and Team Challenge.

The event is open to all authorized patrons.

Active duty, family members, reservists, retirees and DoD civilians must weigh-in Dec. 12, from 8 a.m. to 4 p.m. or Dec. 13, from 7:15 to 8:15 a.m. The rules brief for the challenge will take place on Dec. 13 at 8:45 a.m.

Shorts, a tank top or T-shirt, and shoes are required equipment, so do not wear wrist straps, sweatshirts, belts, or bench-press shirts (that are not authorized for the contest).

Trophies will be awarded to the top three places in each weight division, as well as in the team division. Further, trophies will be awarded for "Monster Lift" and "Overall Lifter" (highest weight/bench press differential).

The weight divisions will be Men's Open, Men's Masters, Women's Open and Women's Masters. Contact the Marine Corps Community Services Semper Fit Center at 254-7597 for weight breakdown.

The entry fee for this event is \$20 per lifter. The entry deadline is Dec. 5. All registered entrants will receive an event T-shirt.

Mark your calendars and prepare to show participants and crowds what you're really made of at the Headquarters Bn. Holiday Bench Press Classic and Team Challenge.

Mahalo also to Red Bull and the Nutri-Fit Center for sponsoring this event.

Call 254-7597 for more information.



# BASE SPORTS

**Edward Hanlon V**  
MCCS Marketing

## DECEMBER

### 5 / Today

**Base Pool** — The MCB Hawaii Kaneohe Bay base pool is currently closed for electrical repairs. Marine Corps Community Services appreciates your patience and support for the duration of the repairs.

If you have questions, contact Aquatics at 254-7655.

**Cross-Country Deadline** — Athletics seeks Marines interested in competing on the All-Marine Cross-Country Trials, to be held Feb. 5 - 9 in Indianapolis, Ind. Marines who qualify for the Team will advance to the CISM World Military Cross-Country. Those interested must submit resumes

to MCCS Athletics by today.

For more information, call Steve Kalnasy at 254-7590.

**Gone Fishin'** — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away.

Spend your day with family and friends off the coast of windward Oahu catching some of the ocean's most exotic and tasty fish. Dive charters are also available in the crystal clear waters surrounding the base.

Call 254-7667 for more info.

### 6 / Saturday

**Doubles Tennis** — All active duty members and their spouses are invited to the Intramural Doubles Tennis Tournament & Fast Serve Contest, beginning at 9 a.m. There is no entry fee for this event, and awards include racquets and other prizes, as

well as Commanding General Fitness Series points.

Call 258-8081 or 254-7597 for more details.

**Pro Bowl Tickets** — Pro Bowl tickets will be available at the Information Tickets and Tours location at Mokapu Mall. Sideline seats are \$87.50 and end zone tickets only \$32.50.

Call 254-7563 for more info.

**Army-Navy Game** — Tailgate the military's favorite football game at the Officers' Club. Enjoy a light continental breakfast at 10 a.m. and a barbecue at 11:30 a.m. including fajita bar cuisine, chicken wings, burgers and more.

Tickets are \$12 per person and may be purchased from your unit representative or the Officers' Club.

For more details, call 254-7650.

### 7 / Sunday

**Sunday Morning Football** — Catch your team live on Direct TV featuring "NFL Ticket" at all three of the clubs aboard MCB Hawaii, Kaneohe Bay: Kahuna's Sports Bar & Grill, the Staff NCO Club Rocker Room and the Officers' Club.

Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

### 8 / Monday

**Monday Night Football is Here** — Watch the St. Louis Rams take on the Cleveland Browns Monday at 6:30 p.m. at your favorite K-Bay club.

**Adventure Training** — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to

regular unit workouts. Learn different water sports and complete your PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units.

Training NCOs and staff NCOs, call the base marina at 254-7667 for more details.

**Inexpensive and Fun Entertainment** — Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at the K-Bay Lanes bowling alley for only \$1.50 per game. The discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call 254-7693 for more info.

**Beginner Fitness Program** — The Semper Fit Center offers eight-week sessions that meet twice-a-week with a certified personal trainer, to assist those wanting to learn how to exercise the correct and smart way.

Call 254-7597 for details.

**Parents for Fitness Program** — This cooperative baby-sitting effort is available at the Semper Fit Center, K-Bay, for all active-duty service members and their families. Open to children ages 6 weeks and older, PFFP participants are required to volunteer baby-sit three times per month.

For more info, call 235-6585.

### 12 / Friday

**Hawaii Bowl** — Everyone is invited to the equivalent of the Intramural All-Star Game: the Hawaiian Bowl Intramural Invitational Championship.

Cheer on MCB Hawaii and intramural football's finest as they play against MCB 29 Palms for the intramural championship.

The game will begin at 6 p.m. at the Pop Warner Field, so get there early, secure a seat, and catch the passes, the touchdowns and the katooshes.

Call 254-7591 for more information.

## Base All Star



Cpl. Jessica Mills

Name: Regina Reiche

• At the Semper Fit Center she teaches step aerobics, kickboxing, Gut Cut, Butt Cut, and several unit PT sessions.

• She is a certified instructor through the Aerobics Fitness Association of America and is CPR certified.

• She is also a personal trainer at Semper Fit.

• About 10 years ago she started taking aerobics classes and it did a lot for her so she wanted to be an instructor and help others lose weight.

• She has been an aerobics instructor for seven years.

*"In aerobics you can exercise for an hour and not even realize it because it is fun, there is music and lots of people. It makes it different."*

## 2003 Winter Softball Standings

TEAM	WINS	LOSSES
VP-9	15	1
3rd Radio Bn.	13	2
HQBN	8	3
MCAF	9	4
Dental	8	4
1/12	9	7
CSSG Supply	8	7
Raggamuffins	7	8
Band	5	6
ETD	7	10
CPRW-2	4	11
CSSG EMP	3	9
MALS-24	3	11
Mess Hall	4	1

## Commander's Cup Point Standings

UNIT	INTRAMURAL	CG SERIES	TOTAL
HQBN	3,660	4,620	8,280
MAG-24	2,790	4,850	7,640
CSSG-3	3,205	3,510	6,715
MCAF	1,300	3,450	4,750
3rd Radio Bn.	1,285	4,550	5,835
1/12	1,120	3,620	4,740
Camp Smith	1,410	3,200	4,610
3rd Marines	1,275	3,550	4,825
CPRW-2	2,315	2,170	4,485

# COMMUNITY SPORTS

### Holiday Classic Seeks Volunteers

The Special Olympics Hawaii 2003 Holiday Classic needs your support during the remaining days of the statewide classic that ends Sunday and includes competition in basketball, bowling, bocce and speed skating for athletes with mental retardation and closely related developmental disabilities.

Volunteers are the backbone of Special Olympics, and volunteers are needed to fill a variety of positions — from bowling lane officials to water and ice carriers, to handing out lunches and setting up equipment or awarding medals — when athletes and coaches stay, eat and compete in events at MCB Hawaii, Kaneohe Bay, at Hickam Air Force Base, and at the Ice Palace in Honolulu's skating events.

Make good use of your time and effort, and make a difference in the lives of others. You will receive an incredibly rewarding experience in return.

If you are interested in volunteering, contact Diana Hart, volunteer coordinator for Special Olympics Hawaii, at 943-8808, ext. 30, or e-mail her at volunteers@specialolympicshawaii.org.

### State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is Dec. 12

from 5:45 - 10:15 p.m. and Dec. 13 from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

For more information about outdoor education or to sign up for the next available course, call 587-0200.

### Marines and Sailors Get in Shape with ShipShape

You can win the war on body fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness test, the ShipShape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but skills and tools provided during this program will enable you to meet your goals. This eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information or to sign up for the next ShipShape course, call Pearl Harbor at 471-9355.

### HTMC Hikes Saturday & Sunday

Grab your sunglasses, sunscreen and hat for a shoreline hike, for novice trailblazers, to Ka'ena Point, Saturday beginning at 8 a.m. Bring plenty of water, your camera and bathing suit as the tidal pools at Oahu's most western point are very inviting. You might even see whales or albatross as a bonus!

Also, intermediate trailblazers with a yen for adventure are invited to hike the

Manana Ditch, Sunday at 8 a.m. The many ups and downs of this trail always come as a surprise, and may just quickly reduce your energy level to zero. However, midway through the loop, you'll find a second wind and emerge triumphant from the Pacific Palisade, when the Hawaiian Trail and Mountain Club takes this eight-mile hike.

A \$2 donation is requested for each nonmember, on all HTMC hikes, for ages 18 or over. A responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information on the HTMC or to join in on these hikes, contact coordinator Phil Booth at 488-1161 regarding Saturday's hike, or Steve Brown at 247-8845 regarding Sunday's.

### Hale Koa Boasts

#### Premier Fitness Facility

The Point, the Hale Koa Hotel's full-service health club, offers a wide range of benefits to hotel guests and local members. Located on the lobby level of the Maile Tower, the facility boasts state-of-the-art weight machines, cardiovascular equipment, a sauna, steam room and a vigorous daily class schedule.

For those who want to be pampered, make an appointment for a massage, facial or body spa service. Or, if the outdoors is your fancy, enjoy the oceanside racquetball and sand volleyball courts, tennis courts and jogging path marked by VitaCourse 2000 fitness stations.

Members also enjoy access to the Maile pool and Jacuzzi, which is usually reserved for in-house guests.

To find out more about membership or activities scheduled at the Hale Koa

Hotel — your armed forces recreation center — call 955-9155.

### Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep-water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information on what Bellows has to offer, call 259-8080.

### Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to one of the best beaches on Oahu.

Bellows offers a full line of camping gear rentals; kits include a six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest and a five-gallon water jug — all for just \$30 a day or \$154 a week.

### Hawaii Marine Accepts Sports and Recreation Faxes

Advertise sports and recreational activities of general interest to the DoD community in the "Base Sports" or "Community Sports" columns.

Fax items to 257-1289 or 257-2511. Call the *Hawaii Marine* at 257-8836 or 257-8837 with questions or concerns.



# THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll probably either agree with one of their takes, or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil) and Capt. Robbins at [robbinskd@mcbh.usmc.mil](mailto:robbinskd@mcbh.usmc.mil). Remember, "If you don't speak up, you won't be heard!"

## Is tennis a man's or woman's sport?

**Capt. K. D. Robbins**  
*The Professor*

The problem with clowns like The Goat is that they convince themselves that by posting a non-sexism disclaimer on their opinion, they excuse themselves from making any point on an issue of substance.

Take men's and women's tennis for example: Who plays the better tennis isn't determined by how many aces a player blasts past his or her opponent, and it certainly isn't determined by short skirts vs. bandanas and shorts.

The issue is that here in the United States, the professional sports Mecca of the world, we no longer harbor the big guns of the tennis world. There are no Connors, no McEnroes, no Sampras'.

But, before we cry into our tennis towels, all hope is not lost. Andy Roddick is here, and he's armed with a 140-mile-per-hour serve and a pop star girlfriend.

Just like Tiger Woods and his power have transformed the game of golf into "Tiger-proofed" courses and black-market bootleg clubs designed to equalize the distance of the world's premier player, tennis has become a power game.

Accusing players of no longer enjoying the long rally is silly at best.

It wasn't that long ago that Pete Sampras dominated the tennis world with his power serve-and-volley game. Even Pete's old foe, at the ripe age of 33, finished 2003 ranked #4 in the world. Andre Agassi has the agility, the hand-eye coordination, and oh yes, not the strongest serve in the game. He too was ranked #1 in the world in his heyday.

What about the women? The Williams sisters, Venus and Serena, have taken the tennis world by storm — not with good looks and short skirts, but with power serve-and-volley games. Still, women's tennis still doesn't enjoy the fan base it once did.

Why?

Because the Williams sisters are focusing more on multimillion dollar cosmetic and apparel endorsement deals rather than refining their tennis games.

**Bottom Line:** Men's and women's tennis face the same popularity problem — a shortage of American stars. It has nothing to do with the transformation of the game from wooden rackets to titanium swords. But, with Roddick vs. Federer, and Ferrero and the Williams sisters vs. Henin-Hardenne and Clijsters, "The U.S. vs. The World" will make for some great tennis — with or without the long rally.

**Sgt. Joe Lindsay**  
*The Goat*

It has nothing to do with sexism, chauvinism, acting machismo or having caveman-like tendencies. Men's sports are better than women's sports. No man would rather watch women's sports than men's sports — unless we are talking about women's tennis, that is.

Gone are the days of Bjorn Borg, Jimmy Connors and John McEnroe. Throw Ilie Nastase and his infamous temper tantrums, that made even Johnny Mac look like a choirboy, in for good measure too.

There is no denying the late 70s/early 80s was the heyday for men's tennis and the intense rivalries they spawned. The aforementioned legends played with passion, grit, emotion and — wooden rackets.

Today, professional men's tennis is a bore. Watching Roger Federer and Andy Roddick knock 140-mile-per-hour serves with their graphite rackets on their way to 50 aces in a match is impressive from a pure, raw, power standpoint, but it makes for a dull afternoon from a spectator's standpoint.

Not so with women's tennis. It

is far and away the better sport, and women are the better players.

Obviously we're not talking head-to-head match-ups because nobody in their right mind believes Serena Williams is going to beat Andre Agassi (ala Billie Jean King vs. Bobby Riggs), but from a "for love of the game perspective," women are the only ones who still play the sport as it was intended.

Of course, there are some sickos out there (The Goat included) who also greatly prefer watching the Williams sisters in their latest outfits of the day. Visual stimulation, however, cannot be considered a viable argument and has no place in a sports column. Besides, for every Anna Kournikova there are five Amelie Mauresom's (see Martina Navratilova).

**Bottom Line:** Men's tennis is nothing more than a serving contest promulgated by technological advancements in graphic rackets.

The women still play the game. The women still rally, still hit the backhand and forehand, and, most importantly, the women have turned shot placement back into an art form.

Plus, they look good in skirts.

## READERS STRIKE BACK

### 'Cancel my Subscription'

First off, thanks to the Goat for exposing NASCAR as the Confederate flag-waving sport that it is ("Is NASCAR the hottest sport on wheels?"

Nov. 28, page C-3). And also for letting the world know of Jesse Jackson and NASCAR's pact with the devil.

The only reason NASCAR doesn't get bad press, even though it has no minority drivers (err — one black driver), is because the same people who love it also love bass fishing, raccoon hunting and the WWF.

I think it's sorry you both caved to last week's "Readers Strike Back" and wasted a week on lacrosse, or was it ping-pong? No, err, it was NASCAR. Same sorry difference.

Get back on the football, baseball and basketball bandwagon so the rest of us can come along for the ride.

If you actually do write a "Bottom

Line" lacrosse article, which I'm afraid you might since it seems you fear your readers, you can cancel my subscription to the *Hawaii Marine*.

*Steven Jenkins*  
*Orlando, FL*

## Marine Corps calls all ballers, checkmate callers

From b-ball to chess, Corps seeks athletes for 2004 Armed Forces Championships

**Cpl. Luis R. Agostini**  
*Marine Forces Pacific*

The Marines are looking for a few good men, women and anyone who can lay down the checkmate.

Several trial camps for All-Marine teams, ranging from chess to men's and women's volleyball, will be held at various bases throughout the Marine Corps in March and April 2004 so that service members can compete in different armed forces championships.

For women aspiring to make the All-Marine Basketball squad, the trial camp will be held from March 13 to April 1 at Marine Corps Air Station Miramar, Calif. The Armed Forces Women's Basketball Championship will also be held at MCAS Miramar, from April 2 - 10. The championship will be used to select the Armed Forces Team that will compete at the Women's National Championship from April 21 - 25 in Las Vegas, Nev.

For the guys who can serve a volleyball like nobody's business, the All-Marine Men's Volleyball Trial Camp will be held April 24 - May 16 at MCAS Cherry Point, N.C. The Armed Forces Men's Volleyball Championship will be held May 17 - 22 at Ft. Lewis, Wash. The championship will be used to select the team that will compete at the Conseil International du Sport Militaire (International Military Sports Council) in Kingston, Canada, from June 4 - 14.

For the Mia Hamm's of the Marine Corps, the All-Marine Women's Soccer Team Trial Camp will be held April 17 - May 7 at MCB Quantico, Va. The Armed Forces Women's Soccer

Championship will be held from May 8 - 16 at Naval Station Norfolk, Va. That championship will be used to select the team that will compete at the CISM Soccer Championship May 27 - June 6 at Ft. Eustis, Va.

The All-Marine Women's Volleyball Trial Camp will be held April 24 at MCB 29 Palms, Calif. The Armed Forces Women's Volleyball Championship will be held May 17 - 22 at Ft. Lewis, Wash. The championship will be used to select the team that competes at the CISM Volleyball Championship, June 4 - 14 in Kingston, Canada.

The All-Marine Chess Team qualifier will be held April 25 - May 1 at MCB Quantico, Va. The top six individual finishers from the qualifier will be selected to the All-Marine Chess Team to compete in the Interservice Chess Tournament, June 20 - 26 at Keesler Air Force Base, Biloxi, Miss. Six players and a team captain will represent the United States in the International Military Chess Tournament in Rijswijk, Netherlands, from Aug. 8 - 13.

According to the All-Marine Administrative Messages regarding resumé submissions for the All-Marine Teams, resumé must contain a command endorsement stating that the Marine will be made available to attend all events if they are selected. Marines stationed at a command with a local Marine Corps Community Services Semper Fit Program must also send their resumé through the Semper Fit athletic director for endorsement.

All dates are subject to change. For any further questions contact, Semper Fit Athletics at 254-7591.



Sgt. S. L. Standiford

The All-Marine Basketball Team talks strategy for the second half of its match in the tournament. Neither of the Marine teams progressed in the tournament to the finals, but their presence was felt by the other teams and spectators alike.



# spotlight on health

## New steroid designed to be undetectable

THG is an illegal drug for all service members and athletes

**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

Consumers may not know that some over-the-counter or dietary supplements can cause more harm than good. In particular, a new form of steroid has become available to many trying to bulk up their size. This new steroid cannot be detected through urine testing, but is just as dangerous as older versions.

Tetrahydrogrestrenone, or THG, has been designed for the sole purpose of beating the military urinalysis test, which is randomly administered to service members in response to the military's "zero tolerance" policies. However, the THG steroid was originally used to treat muscle deficiency.

Assistant Chief of Physical Medicine and Rehabilitation Service at the Tripler Army Medical Center Shelton A. Davis said the THG anabolic steroid has been available since July and was designed by the Bay Area Laboratory Cooperative. Already, there are cases of professional athletes using the steroid.

The drug's use was first discovered when the Food and Drug Administration received an anonymous call from a coach who informed the agency that many athletes were using it.

Since the tip-off, some athletes have come forward, admitting to taking the bodybuilding steroid, which is extremely similar to the steroid Trenbolone, a steroid used to bulk up cattle.

The drug can be either injected or ingested and is usually taken in cycles of four to six weeks on the steroid and four to six weeks off. The drug works by creating a new protein in the body that increases mus-

cle mass.

The steroid has been so elusive partly because body heat destabilizes the steroid, making it difficult to find through urinalysis testing.

There are many side effects contributed to the use of THG.

"As with any other steroid, the potential risk for health problems outweigh the benefits," said Davis.

Problems such as masculinity in women, infertility and impotence in men, aggression, kidney and liver damage, acne, breast development, and others, are all potential problems while the using this steroid.

"I think there is a very limited use for this steroid from a therapeutic standpoint," Davis emphasized. "I believe, from what I've seen, there is not even a medical need to use this steroid."

Davis also said the FDA is working on a new test that will screen for THG. Canada, Great Britain and France are already implementing a test that will screen for the steroid.

Gunnery Sgt. Jonathan W. Barkley, with the Substance Abuse Counseling Office of Headquarters Bn., MCB Hawaii, gives the urinalysis test to screen



**The new anabolic steroid THG is currently undetectable, but improved tests will soon be able to determine whether or not athletes or service members — who are prohibited from using the drug — are using it.**

Marines for the illegal use of drugs.

"A Marine who uses any illegal substances, regardless of what it is, falls under the 'zero tolerance' policy," he said. "They are then held accountable under the Uniform Code of Military Justice, just as if they had shown positive for cocaine or any other illegal drug."

Some service members may get confused with what is and isn't illegal, especially with over-the-counter or dietary supplements.

However, Barkley said that MCB Hawaii keeps Marines and Sailors informed on what is and isn't illegal by holding professional military education training and putting the latest information in newsletters that are distributed around MCB Hawaii. Marines and Sailors can also find information on the Internet and at the

medical clinic about these products.

"My advice is to do your research and talk to a doctor before taking any dietary or health supplements," said Barkley.

There are plenty of over-the-counter supplements that are legal and natural. The consumer should be aware that even though one may not be illegal, it could in time be found to be dangerous.

# Shots take the sting out of influenza



Lance Cpl. Monroe F. Seigle

Keeping the flu bug away may be easier with the help of a topical anesthetic that makes injections easier to take.

## NAPS

### *Featurettes*

Now is the time to fight the flu. The flu (influenza) is a viral illness that can cause fever, cough, chills, sore throat, headache and muscle aches. Symptoms are usually mild to moderate in most people, but can be more severe in very young children, or the elderly, causing thousands of deaths each year.

According to the Centers for Disease Control and Prevention (CDC), flu and its complications are the sixth leading cause of death among children 4 years and younger. However, much of the ill-

ness and death caused by the flu can be prevented by a yearly flu shot. The CDC recommends both children and parents get vaccinated to ensure protection for the entire family.

Protection begins about two weeks after an inoculation, according to the CDC, so plan to get flu shots at least two weeks before the start of flu season, which in the U.S. is typically November to March or April. You can still immunize your child later in the season, but getting the shot early will offer maximum protection.

To take the sting out of vaccine injections for you and your child,

request the use of a topical anesthetic, before getting the flu shot. Just before the injection, a doctor or nurse can spray the product directly on the skin, cooling and numbing the area, then he or she swabs the target area with antiseptic and quickly performs the injection.

This eases anxiety for both parent and child; there will be no bad memories of painful shots or anxiety over the next inoculation. The anesthetic effect wears off in about a minute with virtually no side effects.

For more information about making shots less scary, call 1-800-321-9348.

### **Naval Medical Clinic Immunization Hours**

#### Makalapa

Monday, Tuesday,  
Wednesday & Friday  
7:30 - 11:30 a.m. & 1 - 4 p.m.  
Thursday  
7:30 - 11:30 a.m.

Phone: 473-1880 ext. 323

### **Kaneohe Branch Medical Clinic Immunization Hours**

#### Kaneohe

Monday, Tuesday,  
Wednesday & Friday  
7:30 - 11:30 a.m. & 1 - 3:30 p.m.  
Thursday  
7:30 - 11:30 a.m.

Phone: 257-3365 ext. 318

**RUNNER, From C-1**

runner's lifestyle, which includes eating six meals per day, and sleeping less than six hours each night.

"I'm more focused, and in tune with my body. I feel great," he explained.

On Dec. 14, Hunziker will join thousands of other runners at Kapiolani Park, at the finish of the 26.2-mile run. For Hunziker, the challenge of competing in the event is his reward for all the hard work, and dedication during the past year.

"No matter how I finish, it's been worth it."



Courtesy of Steve Kalnasy

**Zack Hunziker works to maintain his new runner's lifestyle, which includes eating six meals per day, and sleeping less than six hours each night.**



Cpl. Jessica Mills

**Marines, Sailors and civilians alike work their gut during a modified crunch session at the Semper Fit Center Wednesday.**

**GUT CUT, From C-1**

coordinator and trainer for the Semper Fit Center. "It is geared to improve their abdominals and core body strength."

During the class, exercises like crunches alone or with an exercise ball, bicycle crunches, leg lifts and planks are used to work the abdominal muscles and eventually increase their strength.

"Don't be intimidated by this class," said Reiche. "Anyone can do it. It is for every fitness level. The class is intense but low-level exercises are offered as alternatives as we go."

According to Reiche, the class has helped many active duty members improve their Physical Fitness Test scores and have really helped post-partum mothers get back into shape, and it can help anyone who is willing to give it a try.

"This class is tough, but it

really gives you a work out," said John Kolb, a technical representative for Navy Marine Corps Intranet aboard Camp H.M. Smith. "I challenge anybody to take this class, if they think it is too easy then hats off to them. I have been doing this for almost six months and I still ache afterwards."

Gut Cut is offered Monday, Wednesday and Friday from 11:45 a.m. - 12:45 p.m. and is free to active duty military, and costs \$2 for family members and civilians. The gym also offers a similar program called Butt Cut on Tuesday and Thursdays from 11:45 a.m. - 12:15 p.m., for those of us who gain weight in other places.

"This is a fun way to take the boredom out of an every day workout," said Reiche. "We have lots of people there and play good music. Sometimes you can work out for a half hour and not even realize it."

### Upcoming Marathons and 1/2 Marathons

**Dec. 14**

Honolulu Marathon

**Feb. 28-29, 2004**

Oahu Perimeter Relay

**March 21**

Big Island Marathon

**June 19**

Kona Marathon and  
1/2 Marathon

**July 31**

Kilauea Volcano  
Wilderness Run

**Sept. 19**

Maui Marathon and  
1\2 Marathon

**Nov. 2**

Volcano 1/2  
Wilderness Run